

## CLAIMS.

1. An optical medium in which a pre-groove track is embedded between layers of material for generating a tracking signal, characterized in that this material presents a slightly positive, weak variation in the phase between written track and unwritten track and an average reflection coefficient of an order of magnitude of 0.5 or greater.

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2. An optical medium as claimed in claim 1, characterized in that the material is formed by a phase-change material.

3. An optical medium as claimed in claim 1, characterized in that the material is formed by a phase-change growth-dominant material.

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4. An optical medium as claimed in claim 1, characterized in that the material is formed by a phase-change nucleation-dominant material.

5. An optical medium as claimed in claim 1, characterized in that the material is formed by a recordable material.

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6. An optical medium as claimed in claim 1, characterized in that the material is formed by a recordable dye material.

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7. An optical medium as claimed in claim 1, characterized in that the material is formed by a recordable metal-alloy material.

8. An optical medium as claimed in claim 1, characterized in that the material is formed by a recordable phase-change material.

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9. An optical medium as claimed in claim 1, in which layers of material are provided, characterized in that this material presents a positive phase difference between

written track and unwritten track between wavelengths of 0.0 and 0.08 if the average reflection coefficient is between 0.5 and 0.6.

10.           An optical medium as claimed in claim 1 in which layers of material are  
5 provided, characterized in that this material presents a phase difference between written track and unwritten track wavelengths of -0.01 and 0.04 if the average reflection coefficient is greater than 0.6.
11.           An apparatus for reading and/or writing an optical medium, the apparatus  
10 comprising an optical head for producing a light beam in the direction of said optical medium and electronic circuits for managing the reading/writing processes, the apparatus being characterized in that the optical medium is as claimed in claim 1 or 2.
12.           A method of creating an optical medium as claimed in claim 1 or 2,  
15 characterized in that layers are placed on one another, and the material and the depth of the groove are chosen such that the optical medium presents a slightly positive weak variation in the phase between written track and unwritten track and an average reflection coefficient of an order of magnitude of 0.5 or greater.